

**8TH ANNUAL
STUDENT LEADERSHIP CONFERENCE**

DARE TO DREAM

**MAY
25
2016**

**8am to 2 pm
URI Kingston Campus**

**THINGS
TO
KNOW**

**CONFERENCE
INFORMATION PACKET**



NEW REGISTRATION FORMAT!

This year, we are using an **online registration** system so that students can **pre-register** for the workshops of their choice and be guaranteed to have a seat.

Before you register

- ➔ **Print** and read this Conference Information Packet.
- ➔ Review the workshop choices with your students.
- ➔ Ask students to **select their top three choices** for each workshop session. (Volunteers will be available to accompany students between workshops if desired.)
- ➔ Be sure to have first *and* last name of each student and each support staff who will be attending.
- ➔ Know the total number of attendees (students and support staff) you will be registering.

Register online

- Online registration is available at <https://d2d2016.eventbrite.com>
- You can register **up to 25 people** in one visit.
- You cannot save partially completed registrations.
- **Deadline for registration is May 11, 2016.**

After registration

- ➔ Print out, complete, sign, and return *Photo/Interview Release Form* for **each attendee**.
- ➔ Watch for information about parking, workshop session room assignments, and other conference logistics in April.

Questions can be directed to Deb.Golding@health.ri.gov

D2D 2016 AGENDA

8:30 **Registration**
Edwards Hall

9:00 - 9:35 **Welcome, Opening Keynote Presentation**
Edwards Hall

9:35 - 9:50 **Travel to Workshop 1**

9:50 - 10:30 **Workshop Session 1**
Quinn Hall - Memorial Union - Quadrangle - Edwards Hall

10:30 - 10:45 **Travel to Workshop 2**

10:45 - 11:25 **Workshop Session 2**
Quinn Hall - Memorial Union - Quadrangle - Edwards Hall

11:25 - 11:40 **Travel to lunch or keynote**

11:40 - 12:20 **Lunch:** Memorial Union
or
Keynote Presentation: Edwards Hall

12:20 - 12:30 **Travel to lunch or keynote presentation**

12:30 - 1:10 p.m. **Lunch:** Memorial Union
or
Keynote Presentation: Edwards Hall

1:10 - 1:20 **Travel to Closing Activity**

1:20 - 2:00 **Closing Activity and Reflection**
Edwards Hall

SESSION 1 WORKSHOPS

9:50 - 10:30

A to Zentangle: Doodling is not just for the margins of a notebook. Zentangling takes the basic concepts of doodling to create abstract art. Students will learn tips and tricks and will create their own masterpiece.

Presented by: Chelsea Kuiper, North Kingstown High School and Marissa Johnson, Rhode Island Department of Health Youth Advisory Council

Break time Communication: This workshop will provide examples of an important part of any job... communicating in the breakroom! Participants will watch role plays of good and bad examples of making small talk in the break room. After the skits, participants will then have a chance to practice small talk in a small-group setting.

Presented by: Cranston Transition Program

Get Included with Unified Theater! Student leaders will use theater games and audience participation to show how Unified Theater empowers youth to lead, uses creativity, and puts the spotlight on ability!

Presented by: Barrington High School Unified Theater Group

Get Out and Vote! Participants will learn about different kinds of elections, disability-related rights, accommodations and assistive technology for voting, and how to register to vote. Look for the voting booth and registration table!

Presented by: Rhode Island Disability Law Center

Hand Drumming for a Positive Life: Participants will take part in a number of hand drumming activities and games that deal with pattern building, speed, volume control, and dexterity. These exercises help to develop skills of cooperation, coordination, and relaxation. Plus, it is really fun!

Presented by: Central Falls Hand Drumming for a Positive Successful Life

How to Live like a High-Schooler: This video presentation focuses on the importance of youth voice and the ability to help educate others on overcoming everyday battles in or out of high-school. Through sharing personal stories of struggle, hope, and victory presenters can help teach others that with leadership, advocacy and positive expectation, anyone can overcome "the five factors of life".

Presented by: Youth Speaking Out (from Parent Support Network)

Karate 101- Going for a Black Belt: Students will lead the group in learning some basic karate moves and the importance of finding and developing a special talent outside of school. Students are challenged to find opportunities in their own communities and to become experts.

Presented by: Brook Golding and Tyler Soares, Bishop Hendricken High School

Music Making Made Easy: Participants will learn how simple it is to make great music by using your voice to layer sound samples. Participants may have a chance to combine their own unique sounds to create a catchy loop.

Presented by: Astro-Action Sports and Technology Resource Organization

My Life on the Big Screen: Students will show a video of themselves demonstrating how they have set and met individual self-determination goals. The galaxy will understand that the force is with these stellar students.

Presented by: Coventry High School Life Skills and Transition Program

SESSION 1 CONTINUED

Project Search: Students will host a panel discussion on their intern experiences at The Miriam Hospital. They will talk about the importance of developing job readiness skills at school, at home, and in the community to increase independence. Learn if you have what it takes to become a Project Search intern!

Presented by: The Miriam Hospital Project SEARCH students

Self-Advocacy is Key to a Good Successful Adult Life: Student presenters will talk about the importance of self-advocacy skills in reaching for success at work and in life. This workshop includes a short video, an interactive activity, printed handouts, and prizes.

Presented by: Lincoln Transition Program

Sex Ed Jeopardy: In teams, participants will answer questions related to sexual health and unhealthy relationships, sexually transmitted infections, reproductive anatomy and body parts, pregnancy, birth control, gender, and sexuality.

Presented by: Planned Parenthood of Southern New England and the Providence S.T.A.R.S. (Students Teaching about Responsible Sexuality)

So, What's Your Emergency Plan? Emergencies and disasters can happen at any time and any place. This workshop will provide practical information and user-friendly tools to get better prepared for emergencies.

Presented by: Rhode Island Department of Health Center for Emergency Preparedness and Response

Stressed? Shake it Off! Participants can visit four interactive stations and have a chance to practice various coping techniques like deep breathing, making stress balls, music, and art/coloring. These skills can help to lower stress levels.

Presented by: The Adolescent Leadership Council (TALC)

What Comes Next: A Successful College Career: Participants will learn about the strategies and tools needed for a successful transition to college. The panel discussion will also highlight the importance of inclusion and the role of educating and advocating for people with physical and mental disabilities on and off campus.

Presented by: Rhode Island College's Advocacy and Beyond Club

You Got This! Student athletes want to share how empowering it is to move in our bodies, breathe, and be kind to ourselves. Participants can play some fun games, listen to music, and do a splash of yoga because it's fun and feels good! When people feel good, it is easier to make healthy choices and stay away from drugs and alcohol. Come play and realize that "You Got This"!

Presented by: Chariho Varsity Athletes Above Substance Abuse (VAASA)

Your Smart Phone - Practical Apps for Success: Technology whizzes will introduce participants to some of the free phone apps that can help individuals gain independence. Bring your Smartphone and your password.

Presented by: Dream Team members Joe and Joseph Bagaglia

SESSION 2 WORKSHOPS

10:45-11:25

A to Zentangle: Doodling is not just for the margins of a notebook. Zentangling takes the basic concepts of doodling to create abstract art. Students will learn tips and tricks and will create their own masterpiece.

*Presented by: Chelsea Kuiper, North Kingstown High School and
Marissa Johnson, Rhode Island Department of Health Youth Advisory Council*

Chillax: Join in some fun games, movement, and mindfulness activities while building your Chillax toolbox. When you have the tools to let things go and to breathe, you can choose to feel happy and simply try your best. Come chillax with us!

Presented by: Chariho Students Against Destructive Decisions (SADD)

Confidence is Key: Come learn from a college student who has walked the walk of learning to face his fears. He demonstrates the importance of carrying yourself with confidence and respect.

Presented by: Ibrahim "Bjay" Adigun

Dislabel - The Truth on the Impact of Labeling: Come see a dramatization and presentation of how labels act as barriers to individuals in the community. Labels can hurt, lower self-esteem, and are misleading. Participants can create a bracelet or a key-chain with a positive message as a reminder to "Disable the Label."

Presented by: Northern Rhode Island Collaborative Transition Employment Center

From Mountain Dew to Baby Oil: Sexual Health Myths and Facts About Sex: Debunk sexual health myths such as: Does Mountain Dew kill sperm? or Does baby oil pop condoms? In this workshop, participants can expect to see demonstrations, engage in peer-led discussions, and play games!

*Presented by: Planned Parenthood of Southern New England and the Providence S.T.A.R.S.
(Students Teaching about Responsible Sexuality)*

Get Included with Unified Theater! Student leaders will use theater games and audience participation to show how Unified Theater empowers youth to lead, uses creativity, and puts the spotlight on ability!

Presented by: Barrington High School Unified Theater Group

Get Out and Vote! Participants will learn about different kinds of elections, disability-related rights, accommodations and assistive technology for voting, and how to register to vote. Look for the voting booth and registration table!

Presented by: Rhode Island Disability Law Center

Get UP! And Go! Find peace, joy, and happiness in a no judgment zone. Participants will find freedom of expression through dance and realize that anything is possible when you try. There will be lots of high energy and music.

Presented by: Bee in Motion CEO Denis Harvey and friends

Healthy Living: Making Smart Nutritional Choices: Get an inside look at the nutritional facts of the food choices we make every day. Participants will learn how they can incorporate healthy alternatives in their meal planning. A delicious fruit smoothie recipe will be made and shared with the class.

Presented by: Rhode Island Transition Academy

SESSION 2 CONTINUED

How to Live like a High-Schooler: This video presentation focuses on the importance of youth voice and the ability to help educate others on overcoming everyday battles in or out of high-school. Through sharing personal stories of struggle, hope, and victory presenters can help teach others that with leadership, advocacy and positive expectation, anyone can overcome “the five factors of life”.

Presented by: Youth Speaking Out (from Parent Support Network)

Lost and About to be Late - Transportation Opportunities of the Ocean State: Come hear students tell about their transportation adventures in Providence. This engaging workshop will show the progression from clueless to skilled travelers and the strategies/tools that helped them along the way. Participants will learn about different public and private transportation opportunities in Rhode Island.

*Presented by: Blackstone Academy Charter School and
Rhode Island Department of Health Youth Advisory Council*

Music Making Made Easy: Participants will learn how simple it is to make great music by using your voice to layer sound samples. Participants may have a chance to combine their own unique sounds to create a catchy loop.

Presented by: Astro-Action Sports and Technology Resource Organization

So, What's Your Emergency Plan? Emergencies and disasters can happen at any time and any place. This workshop will provide practical information and user-friendly tools to get better prepared for emergencies.

Presented by: Rhode Island Department of Health Center for Emergency Preparedness and Response

Stressed? Shake it Off! Participants can visit four interactive stations and have a chance to practice various coping techniques like deep breathing, making stress balls, music, and art/coloring. These skills can help to lower stress levels.

Presented by: The Adolescent Leadership Council (TALC)

What Comes Next: A Successful College Career: Participants will learn about the strategies and tools needed for a successful transition to college. The panel discussion will also highlight the importance of inclusion and the role of educating and advocating for people with physical and mental disabilities on and off campus.

Presented by: Rhode Island College's Advocacy and Beyond Club

Why Sign? Want to learn how to talk with your hands? Come and learn some basic signs!

Presented by: Rhode Island School for the Deaf



2016 DARE TO DREAM WORKSHOP SELECTION SHEET

Each attendee will need to pre-register for the two workshop sessions. Rooms where workshops are being held have maximum capacities, so seating is on a first come, first served basis.

For each session, write 1, 2, and 3 next to your first, second, and third choices before completing the online registration.

Attendee name: _____

Workshops, Session 1

- _____ A to Zentangle
- _____ Break-time Communication
- _____ Get Included with Unified Theater!
- _____ Get Out and Vote!
- _____ Hand Drumming for a Positive Life
- _____ How to Live Like a High Schooler
- _____ Karate 101 – Going for a Black Belt
- _____ Music Making Made Easy
- _____ My Life on the Big Screen
- _____ Project Search
- _____ Self Advocacy is Key to a Good Successful Adult Life
- _____ Sex Ed Jeopardy
- _____ So, What's Your Emergency Plan
- _____ Stressed? Shake it Off!
- _____ What Comes Next: A Successful College Career
- _____ You Got This!
- _____ Your Smart Phone: Practical Apps for Success

Workshops, Session 2

- _____ A to Zentangle
- _____ Chillax
- _____ Confidence is Key
- _____ "Dislabel": The Truth on the Impact of Labeling
- _____ From Mountain Dew to Baby Oil: Sexual Health Myths and Facts
- _____ Get Included with Unified Theater!
- _____ Get Out and Vote!
- _____ Get UP! And Go!
- _____ Healthy Living: Making Smart Nutritional Choices
- _____ How to Live Like a High Schooler
- _____ Lost and About To Be Late
- _____ Music Making Made Easy
- _____ So, What's Your Emergency Plan?
- _____ Stressed? Shake it Off!
- _____ What Comes Next: A Successful College Career
- _____ Why Sign?

KEYNOTE SPEAKERS

Eric Rowles, President and CEO of Leading to Change

Eric Rowles is considered to be one of the country's foremost experts on youth culture, substance abuse prevention, and workforce development. For the past 15 years, his presentations have combined the energy and innovation, while at the same time reaching people through his stories, research, and on-the-ground strategies. Eric describes himself as one part motivational speaker, one part DJ, and two parts community organizer, and the parent of two daughters. He has college degrees in Ethnic Studies and Educational



Leadership and has volunteered for social change agencies and organizations. In addition to his training experience, Eric has also been a professional DJ and worked with artists including Gwen Stefani, Billy Joel, Notorius B.I.G., Cypress Hill, Tribe Called Quest, The Fugees, Boyz II Men, Third Eye Blind, The Roots, George Clinton & Parliament, Henry Rollins, Radiohead, Smashmouth, Weezer, Edward James Olmos, Sinbad, George Lopez, Margaret Cho, and Maya Angelou.

Get ready to laugh, play, think, work, challenge, and MOVE! This is not your ordinary training, and not your ordinary speaker. Get ready for the extraordinary leading to change!

Monique A. Johnson

North Carolina native Monique A. Johnson is a young woman who has a special gift in the way she translates her creative visions onto canvas. Standing at just 24 inches tall due to a genetic anomaly, Monique has embraced life and its many possibilities with an open heart, an open mind, and an enthusiastic, indomitable spirit. She is living proof that physical limitations neither measure nor predict one's success in



MADE 2 SOAR

MONIQUE JOHNSON, ARTIST & MOTIVATIONAL SPEAKER

life. Rather it is awareness, perseverance, courage and faith combined with an ever present sense of gratitude. She discovered her artistic talent quite by accident – a single course during her senior year in high school, taken as an elective, unleashed hidden talent and artistic ability. Her work has been met with critical acclaim and much demand as a result of featured articles in the local news media as well as national exposure on Eye on America with Katie Couric. She fully

embraces the creativity with which she has been gifted, contributing beauty to the world in her own unique way. Monique sees her evolution as a painter as well as her many other accomplishments as inspirational for others.

She knows of what she speaks when she talks about meeting life's challenges by focusing on the reward of hard-pressed effort, when she talks about triumph and making a decision to take a powerful stand in the midst of hardship, when she talks of overcoming the doubts and fears that come from external sources as well as from within, when she talks of healing others and wanting to "give back," and when she shares that she intends to experience all of the joy that life has to offer!